Continued Right Action Plan

OUTSIDE EYE/KNOWLEDGE HEALER SUPPORT

1. TODAY: March 1, 2016 - Meet with naturopath - integrate his notes to take to see Infectious Disease Dr. Get a sense of this is lyme, or something else that causes "herxing" in response to Cats Claw and also the anti-biotic I was given for the bladder infection.

2. WEDNESDAY: March 2, 2016 - 1st somatic therapy session in WEEKS! That I have coped through this last adventure so incredibly well is truly remarkable! Tail end of the PTSD journey, so it seems. There may be pockets here and there, but the flow is very positive. Perhaps I can manage to get up early and visit the dentist to see about the tooth that was fixed, that is painful on and off, and ask about the white bump, which I had before.

3. THURSDAY: March 3, 2016 - meet with the Infectious disease Dr., but not have my hopes up. I will visualize her being open minded and thorough. I just want to get at the truth of this. If this isn't a tick borne illness, I am open to whatever else. I seem to see ALS coming up - how that mimics... curious about that.

4. SAT: March 12, 2016 - call to get time, meet with THC Dr. to get support for sleep, pain, and also the anniversary dates when mood might drop, or possibly try out with SAD.

5. TUESDAY: March 15th - meet with new GP, Kelli Miller, 1:00 pm, take in new notes, list of questions.

6. WEDNESDAY: March 16th - 4 pm - Dr. Zauner

SELF HEALING

Continued work with inner things that come up that could stand to shift.

Don't push it - flow in gratitude and grace

Keep the pain under control

Write to heal - helps

Begin to use body a bit more each day

Good nutrition and journalling

Be open

Embrace synchronicity

Time in nature

Time with people I love